

# WCES/WBES Lunch Menu      October 2007

Monday	Tuesday	Wednesday	Thursday	Friday
1. Chicken Noodle Soup Teriyaki Chicken Dippers Seasoned Buttered Rice Tossed Salad with Dressing Chocolate and Vanilla Parfait Fruit	2. <b>Fresh Garden Salads</b> <b>with Chicken and Croutons</b> Or Sliced Deli Ham and Turkey Grinder Roll with Lettuce Leaf & Tomato Slices and condiments Seasoned Broccoli Fresh Apple or Fruit Cup	3. Nacho Cheese Basket with Taco Meat Nacho Cheese Sauce Shredded Lettuce and Salsa Seasoned Rice Fresh Fruit Home made Cookie	4. <b>Fresh Garden Salads</b> <b>w/Seasoned Chicken &amp; Roll</b> Or Italian Meatball Grinder with Roll Cheese - Chip Bag Baby Carrots w/ Ranch Dressing Assorted Fruit Juice/Fruit	5. Chicken and Rice Soup Whole Grain Crackers Cheesy Mac & Cheese Casserole - Green Beans Breezeland's Apple or 100% Fruit Juice
8. Columbus Day Holiday! No School	9. Professional Development Day No School	10. Crispy Tyson Chicken Patty w/ Bun & Special Sauce Veggie Pasta Salad Seasoned Green Beans Fresh Apple or Banana	11. <b>Fresh Garden Salads</b> <b>w/Chicken and Croutons</b> Or Breakfast for Lunch!! French Toast Sticks w/Syrup Sausage Patty - Tator Tots Seasoned Carrots Fruit Cup with Marshmallows	12. Sliced Roast Pork Mashed Potatoes Savory Gravy Green Beans Mixed Fruit with Apricots Fresh Baked Cookie
15. Nacho Cheese Basket with Taco Meat Nacho Cheese Sauce Shredded Lettuce / Salsa Seasoned Rice Fresh Fruit Home made Cookie	16. Chicken Noodle Soup <b>Fresh Garden Salads</b> <b>with Croutons</b> Or Homemade Slice of Pizza/Assorted Seasoned Broccoli Fruit Cups	17. New! East Street Bagel with Sliced Turkey/Lettuce & Tomato Slice - Condiments Herb Oven Roasted Potatoes Carrots Dole Fruit Snack or Fresh Fruit	18. <b>Fresh Garden Salads</b> <b>with Chicken on Wheat Roll</b> Or Shepard's Pie Seasoned Green Beans Fresh Dinner Rolls and Butter Apple Crisp / Fruit Cup	19. Soup of the Day All Beef Franks Bakery Roll / Condiments Vegetable of the Day Brownie w/Whip Topping Assorted Fruit Choices
22. Oven Baked Chicken with Herb Sauce Mashed Potatoes Sauteed Carrots and Zucchini Squash Breezeland's Apple or Cinnamon Applesauce	23. <b>Fresh Garden Salads</b> <b>with Chicken &amp; Croutons</b> Or Tacos - Hard or Soft Shells Cheese/Lettuce/Tomato/Salsa Seasoned Rice Mixed Fruit Cup with Strawberries	24. Fresh All Beef Hamburgers on Bakery Roll - Top your own Pickle Slices Local Tomato/Lettuce Niblet Corn - Pasta Salad M & M Cookie	25. <b>Fresh Garden Salads</b> <b>w/ Chicken on Wheat Roll</b> Or Spaghetti & Meat Sauce Garlic Bread Seasoned Dilly Carrots Fresh Baked M & M Cookie Fresh Apple	26. Chicken Noodle Soup Homemade Slice of Pizza Assorted Choices Seasoned Broccoli Fruit Cups with Cherries
29. Crispy Tyson Chicken Patty with Bun & Special Sauce Veggie Pasta Salad Seasoned Green Beans Fresh Apple or Banana	30. <b>Fresh Garden Salads</b> <b>with Chicken &amp; Croutons</b> Or All Beef Franks on Bakery Roll with Condiments Vegetable of the Day Brownie with Whip topping Assorted Fruit Choice	31. Professional Development Day - 1/2 Day No Lunch	Sandwich of the Week:  Wk#1 Toasted Cheese Wk#2 PBJ on Wheat Wk#3 Tuna Fish Sandwich Wk#4 PBJ on Wheat Wk#5 PBJ on Wheat	<b>All meals are served with</b> <b>Milk - Skim/2%/Chocolate or</b> <b>Flavor of the Month-Coffee</b> <b>(Does not contain Coffee)</b>